

LAMBDA

Vol. 47 No. 11 - The Official English Student Newspaper of Laurentian University Since 1961 - February 5th 2009



LUIHS/SGA FOOD DRIVE

Perhaps you can recall a previous article regarding the LUIHS Food basket initiative and the effect it had on so many Laurentian families.

Unfortunately, the generosity which made that initiative a success came at a price - the use of the SGA Foodbank. The photos can speak louder than words - so please help support the LUIHS (LU Interprofessional Health

Society) food drive by bringing in non-perishable food items to the SGA until February 9th.

Some examples of items that are in need are beans, rice, soups and pasta.

If everyone could make a point of bringing in just a

few items, it would really help the cause - and in the end, help LU students that make regular use of the food bank.

Other drop off locations include:

-School of Education -

room 104

-Human Kinetics(Ben Avery building)-Secretary's office

-Alphonse Raymond building - room E07

Be generous. Give to the LU Food bank.

Technology

The Buzz on Disappearing Honey Bees

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Airbandz

Find out all the information.

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LAMBDA

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Lambda Publications is the bi-weekly student newspaper of, by and for the students of Laurentian University. Lambda is funded through a direct student levy by members of the Students' General Association / Association generale des etudiantes, yet remains autonomous from all university organizations, both student and administrative.

SCE 301 Student Centre
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Sudbury, ON P3E 2C6
(705) 673-6548

lambda@laurentian.ca

WRITE TO US

Include your full name and student number. Please keep articles to a maximum of 700 words. Lambda reserves the right to edit for content considered sexist, racist, homophobic, heterosexist, for length, or legal purposes. Letters of a harassing or slanderous nature will be dealt with by the proper authorities.



Jason Miller
Editor-in-Chief
2008/2009

Although this is the closest issue to Valentines Day I have decided to boycott the theme. No, not because I am lonely or have been through bad experiences :([and for the people who actually get that joke you (and me) spend to much time in front of the computer] but because I do not see any point to celebrate such a materialistic holiday which forces the significant others to purchase over priced objects to show that you care. Do I sound disgruntled? However I do not want to receive 50 e-mails stating the fact that I am not boycotting Valentines Day because I am stating it in my editorial, it is a contradiction and I am fully aware of that. Now with all the stress that

seems to build up from school, students have a habit of becoming unhappy which could lead to depression. Students are at a high risk of depression and the number of students taking antidepressants is rising. A recent survey showed that over 70 percent of students are depressed and overwhelmed by everything they were experiencing, 36 percent of students are taking antidepressants, and 1.4 percent have been so overwhelmed that they contemplated suicide. These numbers are startling, I realize that University can be stressful at times, but these numbers are very high. Our society today seems to look for the easy solution to the problem instead of looking for alternative methods to de-stress yourself and become happy. There are serious problems that require further action such as antidepressants, but for people juggling the problems of

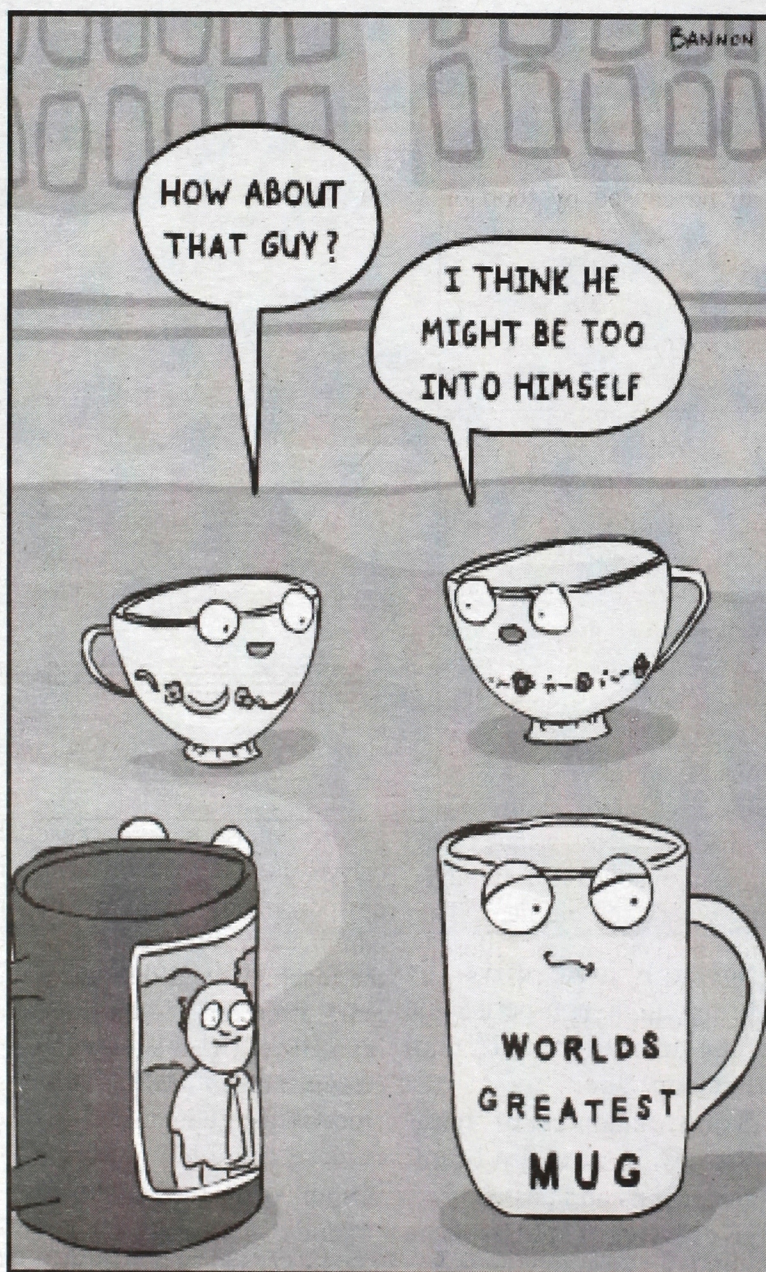
University there are other methods available before drugs.

Happiness is a state of mind or feeling such as contentment, satisfaction, pleasure, or joy. It is easy to obtain happiness, you just have to understand what you enjoy and make time for that. University is a bridge for your future, but if your post secondary adventure is one that you hate, then what does your future have in store? Time management is a big problem with a lot of students including myself. Many times I wish there was more time in the day. The problem isn't the time because there is more then enough time in the day, it is the amount of time student's waste. Time management is an easy skill to obtain. Start by making a calendar and write down your daily plans, appointments and goals that you want to reach. It sounds elementary but you could see a lot of improvement.

Another good method is to relax and participate in something you enjoy. It is an obvious statement but often is not practiced. So instead of thinking of the thousand things you have to do, go out and have fun. There are many activities on campus that are available to everyone including: sports facilities, the pub, games rooms, library, computer labs, and campus clubs.

Whatever methods you think are most successful to relieve stress make time for them. With midterms and assignments closing in stress can rise, but you don't have to be unhappy. There are many counseling opportunities and supports programs at the school that assist you with stress related problems. Finally if you are wondering what :(means type it into msn.

Until Next Time
Jason Miller



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Joe Zamojski
Assistant Editor
2008/09

What To Think About Today...

There are many problems and situations that have been happening in our society in the past little while. Our community in general is not doing the greatest at the moment in many different aspects. Firstly, I have been affected already and continue to think about the overall economic crisis that has been occurring the past little while. This is affecting many other people, industries, our government, etc.

I will move to the main point. At York University

this year, a very horrible situation occurred. The university went on a strike, leaving many students out of school and unable to start or even possibly finish (graduate) their post secondary studies this year. This strike began on November 6th, 2008 and had now just come to a resolution. Classes began finally on February 2nd, 2009. These students now must finish their fall session classes, have exams all in one month and then start their winter session classes directly after and not finish this winter session until the end of May (including exams). There are

no reading weeks and barely any holiday time. This can be looked at as a good thing, in the aspect of classes resuming and being able to complete the year, and a bad thing in the aspect of no study break for a long period of time. This also will affect many of these students' summer jobs which would have already begun.

I think that this is unfair that these students had to go through this to begin with, and now they have no choice but to comply with the accommodations put in place. How would you feel if you were put in a situation

like this? What if Laurentian went through similar circumstances? It is unfair and not the best thing to go through when all us students are trying to get through university, so that we can obtain a career of our choice and start our lives. Without an education of some sort, there is little chance of getting a good job in today's society.

Now I am sure you have recently heard that Laurentian University is going through an economic struggle. Who isn't? This problem is on course only to get worse unless harmful actions take place. As a stu-

dent, I do not know or have the answers to what will happen at our university. Anything can happen at any moment in many parts of our society. It seems that most people try to stay in the mind set that "it's never going to happen to me". However, we are already in a type of crisis today, and it is very easy for something to throw our lives upside down for a while until things eventually pan out. Everything seems to work out eventually over time. In the case of the stressful situations occurring around us, for now, all we can do is wait and see what happens.

Allergies.... It's the Severe One's We Have to Look Out For

Joe Zamojski
Assistant Editor

You and I may not realize or even think about things we eat, the environment around us, and animals and insects that we may run into on a daily basis. However, there are many people that have mild or severe reactions to things like these. This is called an allergy. Allergies are very common in people of today's society. There are many mild allergies such as pollens, mold, dust, grass, etc. These are known to be seasonal allergies. However there are more severe allergies that could cost a person's life. There are many signs, symptoms, and medical treatments for both mild and severe allergic reactions.

The body usually learns to defend itself over time through experiencing specific bad substances over and over. For instance in the case of a specific disease like mumps, where we can be vaccinated and the body learns to defend itself and the disease is unable to enter the body and cause sickness. However this is not the case for allergens, the body seems to defend itself, causing a reaction (Sneezing, coughing, or possibly anaphylactic shock) and with every encounter, reactions seem to get worse. According to physicians and research the underlying cause of allergies is still unknown. There is seen to be some tendency for

allergies to run in families. However not all allergies are hereditary. There is a variety of allergic diseases that can occur in people. Some of these are known as; allergic rhinitis, asthma, allergic dermatitis, Urticaria (hives), and importantly acute systemic allergic reactions (anaphylactic shock). Each of these has different potential causes and symptoms.

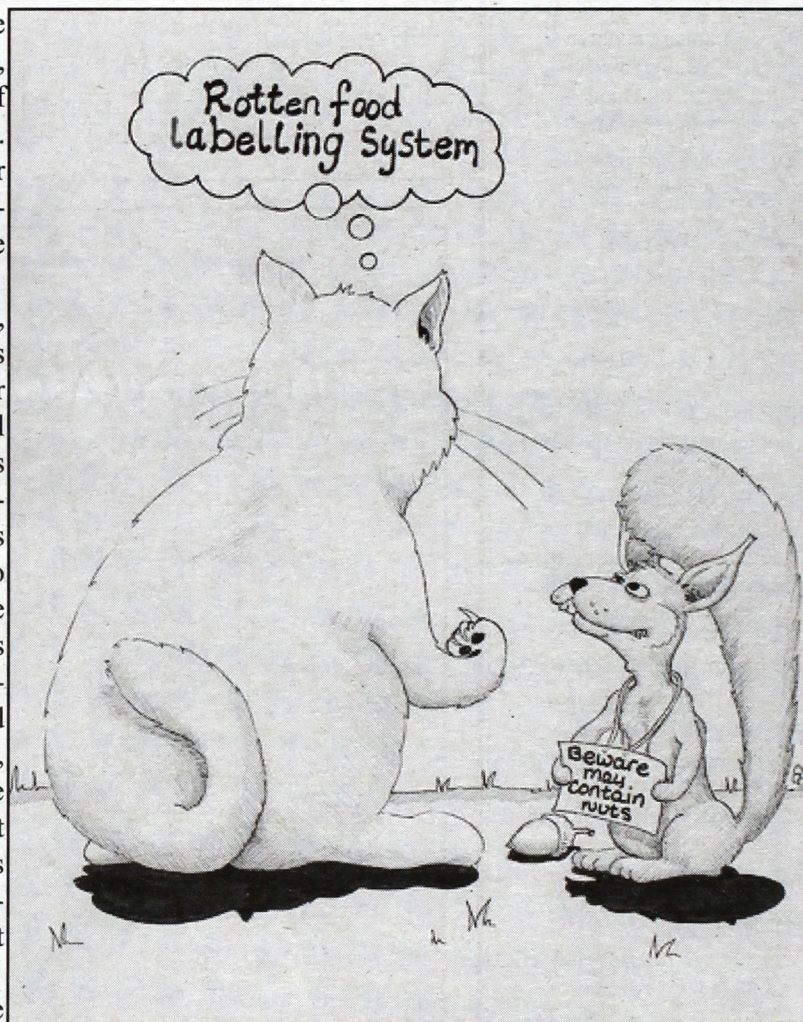
Allergic rhinitis is known to be a seasonal or year round allergy. This type of reaction usually involves substances such as pollen, trees, grasses, house dust, and/or mold. Allergic rhinitis is known to be a somewhat mild and annoying type of reaction. There are antihistamines such as Claritin and Benadryl type over the counter drugs, which can be used to treat such symptoms. In severe instances, there are allergy shots that may be taken to reduce the severity of these types of reactions.

Asthma is another type of allergic disease that is found in people today. It is caused by inhaled factors. The causes of this allergic disease can be seen as similar to allergic rhinitis; pollen, dust mites, mold spores, etc. Some other causes are things such as tobacco smoke, and specific air pollutants. Signs and symptoms of asthma are known to be tightness in the chest region, breathlessness, coughing, and trouble inhaling and exhaling. This allergic disease has to do with the lungs and their performance. It therefore can be very serious and need medical atten-

tion at some points. There are medications however, that reduce the severity of an asthma type reaction. Talk to your doctor or pharmacist if you are experiencing any of these symptoms.

Allergic dermatitis hives, or eczema type reactions can be caused by food or any other environmental factors. Usually hives is caused by an allergic reaction to foods, or an insect's venom or bite. It can also accompany any other type of allergic reaction. Signs and symptoms of these diseases are known to be; red itchy skin, inflamed skins, and/or welts. There are some topical ointments that can help with these types of reactions; also antihistamines can be used to treat these symptoms as well.

Now, talking about the milder and less serious reactions probably has you thinking what's the big deal? The big deal is when allergic reactions, can lead to a person's death. These types of reactions are known as systemic allergic reactions, or anaphylactic shock. This type of reaction is a medical emergency and needs immediate attention. When a person is having this type of reaction it can involve signs and symptoms of the reactions listed above, plus swelling of the limbs and internal tissues, shortness of breath, and sometimes loss of consciousness. There are multiple things that should be done in these types of situations. Most individuals with



severe allergies like these carry something known as an epi-pen, this should be administered at the time of the reactions, and then medical attention is needed immediately. Call 911 in any circumstance like this. Doctors then administer different drugs to diminish the histamine response in the body. This type of reaction is usually caused by things such as specific food products (nuts, fish, seeds, etc.), venom and/or bites from specific insects (bees, mosquitoes, etc.), and products like latex. There are other cases of allergens that cause this type of reaction; however these mentioned are just the most common.

It is very important that people are aware of these possible instances, and are considerate of these people around us. There are many people around us today have allergies, and some are very severe. Although you or I may not have to think about these things for ourselves, it is important to take these types of situations seriously. If any of these symptoms or situations applies to you, make sure you are taking care of yourself properly and keep up with checkups and tests, to ensure the severity of your allergies. Avoid possible threatening situations, and those who have no problems remember to keep these situations in mind.

Robert Kirwan

Host of The Learning Clinic
on CKLU 96.7 FM

A number of years ago, while attending a circus with my children, I noticed a group of elephants in an open area. Each of these gigantic beasts was being held by only a small rope tied to their front leg. There were no chains and no fences around them. It was pretty obvious that the elephants could break away from their bonds at any time, but for some reason they did not. I went over to one of the trainers and asked why these beautiful, magnificent animals just stood there and made no attempt to get away.

"Well," he said, "when they are very young and much smaller we use the same size rope to tie them and, at that

age, it's enough to hold them. As they grow up, they are conditioned to believe they cannot break away. They think the rope can still hold them, so they never try to break free."

It struck me as amazing that these strong, gigantic animals could at any time break free from their bonds but because they believed they could not, they were stuck right where they were.

Every now and then I think back to the elephants and I wonder how many of us go through life hanging on to a belief that we cannot do something, simply because we failed at it once before? How many of us are being held back by old, outdated beliefs that no longer serve us? Have you avoided trying something new because you felt that you

would fail? Worse, how many of us are being held back by someone else's limiting beliefs about our ability to succeed in a different venture?

We are often cautioned not to take risks, to play it safe, to keep the status quo, usually by well intentioned friends and family. How many of us have heard, "You can't do that?" These are the dream stealers who, due to their own limiting beliefs, attempt to discourage you from living your own dreams. The 'dream-stealers' are like the small ropes that hold the elephants. You can break away from them at any time, but you have been held by them for so long that you never try – just like the elephants.

There is only one way to handle "dream-stealers". You

must ignore them at all cost. Instead, find people who have accomplished what you want to accomplish, discover what they did and model their behavior. Remember back to times in your past when you were successful and use that experience to propel yourself forward.

I am especially impressed with the students I meet at university. They have so much confidence in their ability to change the world. They seem to have found a way to handle the "dream-stealers" and break away from the limiting beliefs that hold so many of us back.

And yet, it is painfully obvious that dreams are not enough in this world in which we live. You must develop a pragmatic approach to prob-

lems and challenges. This requires the ability to accept the world as it exists and deal with the issues accordingly. You can still fulfill your dreams, but it will take some strategic planning and some deliberate action to achieve success.

We talk about a lot of these strategies and techniques every Monday night on my radio show on CKLU 96.7 FM at 6 p.m. This is a show that gives young students an opportunity to share their ideas and thoughts about some very real problems that may get in the way of your dreams. Listen in next week and see what you can learn to help you break free.

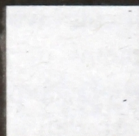
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Anja-Rysial Laffrenier
English Arts Society President

Have you ever dreamed of being "published," or seeing your work of art or academia, displayed within an anthology of equally talented individuals? If so, the English Arts Society is offering you an opportunity to shine! Editor, Ken Blacklock hopes that students will show their calibre and diversity, by becoming part of Laurentian University's Literary Journal, *ilLusion*. You can show Ken's decision committee your talents by submitting art, drawings, music, lyrics, poetry, stories, quips, jokes, essays, etc. to *ilLusion*. Our new journal is freelance, and was born from the early online edition of "Quills". Our present journal will include an array of pieces that will be bound together in a unique design brought to you by our editor. All artists will be commemorated for their contribution and/or submission to the journal. All this is made possible by submitting your "masterpiece" to Ken Blacklock at ilLusion@laurentian.ca by February 15th, 2009. To enter, you must be a member of the Laurentian university student body, Alumni, Faculty, or staff. The *ilLusion* committee awaits your submission!

WLU to put classes on BlackBerrys

Smartphone device may become integrated into business and economics program at Laurier

Linda Givetash
The Cord Weekly (Wilfrid
Laurier University)

Waterloo, Ontario's Wilfrid Laurier University is set to provide over 100 incoming MBA students with BlackBerrys and data plans in the fall.

The initiative, launched by Laurier's School of Business and Economics, is completely unrelated to BlackBerry co-creator Jim Basillie being presented with Laurier's 21st Outstanding Business Leader award.

Rather, it was inspired by a program at Mexico's Tecnológico de Monterrey

launched in August 2008 at its Santa Fe and Mexico City campuses.

The program at Monterrey incorporated the use of BlackBerry Pearls into various first-year programs with the help of Grupo Iusacell, the third largest mobile operator in Mexico.

Tec de Monterrey moved 30 per cent of their curriculum onto the BlackBerry, as well as integrating administrative functions such as course selection.

"We're going to get as much of the content for the course materials downloaded to format that works on the BlackBerry and then start to enhance that," said Ginny Dybenko, dean of the

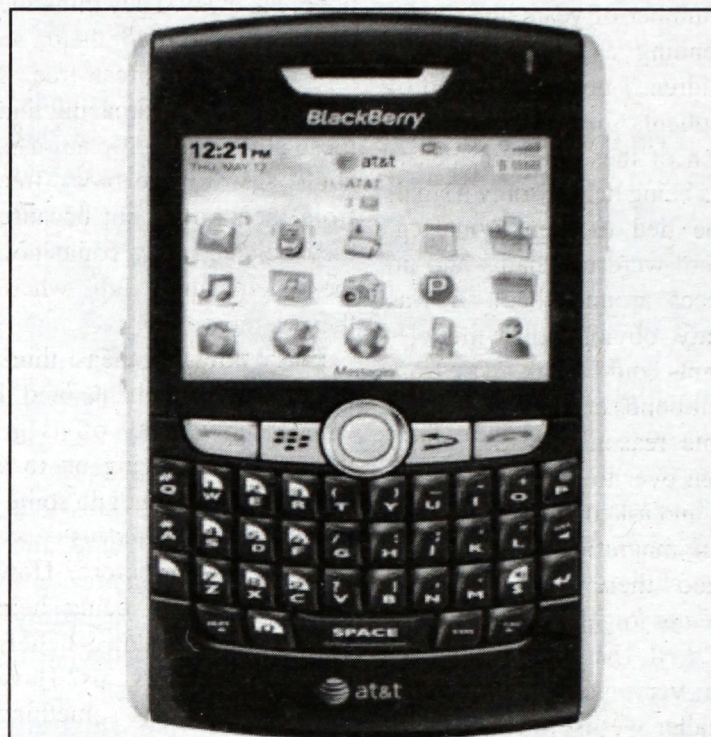
Laurier School of Business and Economics.

Enhancements will include multimedia, tests, and hopefully, access to the school's web system.

The purpose of the program is to incorporate social networking and new technology into the classroom, Dybenko says.

"We'd like to see and examine how that learning habits informally, and try to take the best of that kind of interactions socially back into the traditional classroom, and start to influence how we teach and how people learn," said Dybenko.

Professors only heard about the initiative with last Wednesday's press release,



meaning the inclusion of specific course materials into the program is still being determined.

Dybenko hopes to "challenge everybody to try to figure out new and exciting ways we can use the technology."

The school was able to purchase the BlackBerrys at a special rate.

"If we can see that this really works, then we're going to have to seek some long-term funding mechanism," said Dybenko.

This will include tapping into the PRISM fund, which is supported through student tuition, or adjusting the tuition itself. However, this is all dependent on the success of the pilot year.

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True love passes the smell test

Romantic love skews heterosexual females' ability to sniff out potential partners, McGill post-doctorate's study finds

Erin O'Callaghan

The McGill Daily (McGill University)

Love can skew women's scent-recognition when it comes to male body odour, according to a recent study published in the December 2008 issue of *Hormones and Behaviour*. The study, which was carried out by McGill post-doctorate student Johan Lundström under the supervision of McGill professor Marilyn Jones-Gotman, states that the more in love heterosexual female participants claimed to be with their male partners, the worse they were at identifying the body odour of another potential partner, such as a male friend.

However, the magnitude of love reported had no effect on the ability to detect the

scent of female friends, because, in the case of this heterosexual female-centred study, they were not viewed as potential romantic partners.

Lundström, who is no longer a McGill student and is now working at Monell Chemical Senses Centre in Philadelphia, wrote in an e-mail to the McGill Daily that the inspiration behind the study was based on anecdotal observations regarding body odours combined with his academic interests.

"You really like smelling your partner's body odour, and when really in love, you don't particularly like the body odour emitted by others," Lundström said.

"The focus of my research regarding body odours is to determine what form of social and biological signals are hiding within [them], and how are we able to extract and process these

[olfactory] cues," he added.

The study's representative sample consisted of 20 couples, along with a male and a female friend of each female partner.

According to Jones-Gotman – a professor in McGill's Department of Neurology and Neurosurgery, and specialist in the neural correlates of smell and taste – only female partners were evaluated because of their greater sensitivity to scent recognition.

She says the findings would not be valid if the results from male and female partners were compared in the same study.

"The ability for scent recognition is not always the same between sexes," Jones-Gotman noted, adding that women are better at detecting scents in general.

Jones-Gotman also says she did not think the results would have been much dif-

ferent had a larger sample group been used.

However, she notes the need to address the question of how the use of same-sex couples would change the outcome of such a study, adding that a study using same-sex couples is the logical next step as a continuation of Lundström's work.

Jones-Gotman suggests doing a study of couples in more short-term relationships, lasting six months or less, or longer ones, lasting up to seven years. These results could then be compared to those of Lundström's more recent study, in which subject couples had been in a relationship for one to three years. Lundström has his own plans for future behavioural studies investigating the ways our brains process partners' body odours.

"We have already investigated how maternal love is

manifested in the brain in [the] lab here at [the] University of Pennsylvania," he said. "This is a logical extension of [such a] line of research." Beyond his initial personal interest in the subject, Lundström also argues that his work is important in more concrete ways.

"This goes to show that even such complex emotions such as love [are] but a part of a more complex network of emotions and psychobiological processes, and that our sense of smell is capable of conveying complex information," he said.

However, Lundström is not suggesting that his study may be a new way to predict "true love;" the study merely shows the connection between emotion, scent, and the mysterious and intricate organ that is the brain.

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The Darker Side of Team Obama

Ben Istiphan
Lambda Writer

The Hype and anticipation is over, Barack Obama is finally the President of the United States. The voice for change now has the opportunity to act upon his words. President Obama has already put forth an agenda to address the economy, the environment, human rights and international peace. Despite the early progress, some of Obama's cabinet selections may jeopardize his future ambitions. It seems that some of the policies outlined by Obama thus far contradict the previous views and actions of a few individuals who now hold key positions in his Administration.

Take for instance, Secretary of State, Hillary Clinton. Unlike Obama, who is seeking immediate diplomacy, Clinton stated throughout the primary season that she would not sit down with the enemies of the United States without

strict pre-conditions. If Clinton continues to interpret diplomacy as a privilege and not as a right, then the road to peace will have many obstacles.

One of Obama's first appointments as President-elect was Rahm Emanuel as the White House Chief of Staff. Emanuel has supported both Israel's occupation of the West Bank and Gaza, and its 2006 attack on Lebanon. Furthermore, Arab communities and organizations were shocked when Emanuel's father told the media that his son will influence Obama in becoming pro-Israel. Emanuel has recently apologized on behalf of his father, but if his views hold true, what does it all mean for a possible two state solution and peace in the region?

On the security side, General James Jones was named National Security Adviser. Jones was formerly the supreme allied commander of NATO, but more importantly, he was a member of the board of directors of Chevron just prior to join-

ing the administration. Furthermore, Jones was president and chief executive of the U.S. Chamber of Commerce's Institute for 21st Century Energy. Environmental organizations have criticized the institute, which has sought to expand the domestic production of oil and gas, while undermining the fight against global warming by challenging the effectiveness of the Clean Air Act. As recent history has demonstrated, the combination of national security and oil can have devastating implications, especially now for a president who is shifting towards a greener economy.

Finally, Obama appointed Admiral Dennis Blair as Director of National Intelligence. This is quite possibly the most controversial of all the cabinet selections. According to U.S. cables, as the commander of the U.S. military forces in the Pacific during the 1990's, Blair acted against the wishes of Congress and the Clinton Administration by continuing to give sup-



port to the Indonesian military, which unleashed a campaign of mass torture and killings in East Timor. An atrocity condemned by numerous human rights organizations.

In all fairness, it's too early to pass judgment. Despite the gloomy information that I have outlined above, the Obama administration could actually be a force for real change. On top of that, it's difficult to assess Obama's true intentions. Some may argue that he specifically selected these individuals strategically, in order to satisfy the moder-

ates and Republicans. On paper, we see a pro-war cabinet, but maybe this is exactly what Obama wants, as he inconspicuously drifts to the left. Keep in mind that Obama is the Commander in Chief, and regardless on how the Bush Administration functioned for 8 years, the president has the last say. Change is possible, but how much change and for how long? Maybe we are in for a repeat of the last twenty years in American politics; modest change for 8 years followed by a right-wing hockey mom from Alaska in 2016.

York strike ends - Students will return to class after longest strike in York history

Scott McLean
Excalibur (York University)

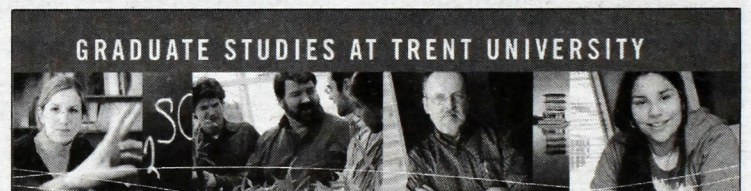
Ontario Premier Dalton McGuinty's Liberals recalled the Ontario legislature on Sunday to finally enact back-to-work legislation to end the nearly three-month-old strike at Toronto's York University. This occurred after the province's top mediator ruled that there was no chance a settlement would be reached through the collective bargaining process. The bill is passed Thursday, Jan. 29, with 61 for and eight against. The opposing votes all came from the New Democratic Party. Classes will resume on Monday, Feb. 2.

The legislation would have taken effect immediately had it passed unanimously, but the NDP refused to support the bill - citing the union who says they are still willing to bargain - and insisted on a full debate.

"We're not slowing anything up. We're just doing what we as legislators are supposed to do," said Ontario NDP leader Howard Hampton before Thursday's vote.

Hampton said in the case of a university, back-to-work legislation can only be enacted in the case of a clear deadlock, something he said is not the case.

"I think there's ample evidence that this is not deadlock. I think this is a university that used every trick, every dodge, every opportunity to avoid bargaining and avoid responding," he said.



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THE BLACK HISTORY MONTH

"NOW THEREFORE, I, Mayor David Miller, on behalf of Toronto City Council do hereby proclaim February 2009 as "Black History Month" in the City of Toronto."

As Canada and the United States join the people of African descent in celebrating the Black History Month, We want to start our prep with the words of one former slave which also became Dr. King's favorite quote: "O Lord, we aren't what we wanna be; we aren't gonna be what we wanna be; but sure we aren't what we were."

The celebration of black history emanates from the feelings of rejection of black people by the American society and the desire of some educated blacks to counter the negative use of the word 'black' in the literature of many languages. In the literature of most languages, particularly the English language, black is often synonymous to evil or anything negative. However, the Black History Month has become instrumental in neutralizing such derogatory contemporary use of the jargon-black, and, instead, make an unflinching endeavor to hail not only the word-black, but also the achievements of black people in the United States and around the world. The month of February has been widely regarded in North America as the Black History Month. However, the idea for celebrating the history and achievements of black people has been ongoing

since the beginning of the 20th Century. Then, it was called the "Negro History Week." Dr. Carter G. Woodson, a Harvard graduate, was the pioneer of the idea to celebrate black history. In order to accomplish his goal, Dr. Woodson founded the Association for the Study of Negro Life and History in 1915. His legacy lives on and, today, it is referred to as the Association for the Study of Afro-American Life and History. As an ambitious scholar, the association he founded was not quite enough to bolster this daunting task; therefore, in 1916, he added to his laurels by establishing the widely respected Journal of Negro History. As the number of readers of his journal increased a decade later, he launched the Negro History Week in 1926 as an initiative to cajole national attention to the contributions of black people in the United States. The question we should be asking is; why did Dr. Woodson chose the month of February to be the Negro History Week? The choice was a deliberate one. Dr. Woodson realized that most of the individuals who helped to advance black liberation were born in February. At the same time, and, Coincidental as this may be, most events with regards to black causes also

occurred in the month of February. See the following dates and events just to mention a few:

- Frederick Douglas- born in February 1817, Mr. Douglas was an abolitionist and founder of the journal-North Star.

- Abraham Lincoln- born on February 12, 1809. He once said "With malice toward none, with charity for all . . . let us strive on to finish the work we are in; to bind up the nation's wounds . . ." President Lincoln believed slavery was an unjust practice.

- W.E.B. Du Bois- born February 23, 1868: A civil rights leader who helped, among others, found the National Association for the Advancement of Colored People (NAACP).

- February 3, 1870- the 15th Amendment was passed, blacks became eligible to vote.

- February 25, 1870- Hiram R. Revels (1822-1901), the first black senator, took his oath of office.

- February 12, 1909- The NAACP was founded by a group of blacks and whites in New York City.

As we celebrate Black History Month this February, 2009, we should all bear one thing in mind; that the chapter of black history would be incomplete without recognizing the efforts of white civil rights activists. In Canada, Toronto is leading in promoting black causes by not only proclaiming February as the Black History Month, but also including January 19 in its proclamation as the Dr. King's day. Black history is a history of inclusion of all peoples and not to be restricted to darker skin people alone. The historic election of President Barack Obama should remind all that Black history is a collective endeavor and its celebration should be done collectively. Dr King famously said that "what affects one directly, affects all indirectly. I can never be what I ought to be until you are

what you ought to be. This is the interrelated structure of reality." These words also resonate with Toronto Mayor, David Miller: "WHEREAS Reverend Dr. Martin Luther King Jr.'s legacy to society is the leadership he demonstrated through his commitment to justice, equality and the elimination of racism... NOW THEREFORE, I, Mayor David Miller, on behalf of Toronto City Council do hereby proclaim January 19, 2009 as "Martin Luther King Jr. Day" in the City of Toronto." Like Dr. King, I believe in global connectivism in human relations; therefore, we the members of the Afro-Caribbean Students Association of Laurentian University, hereby, invite all students and non-students to join in the celebration of the Black History Month this February of 2009.

Laurentian University Afro-Caribbean Student Association (LUACSA) Press

The SGA Presents: SPAD's Valentines Day Bash

Are you looking for a place to take your special valentine this year? The SGA and SPAD has you covered! The inaugural SPAD Valentines Day Bash will be for all ages and include a special LIVE performance from Laurentian's own DJ SAULL!

What better way to officially kick off reading week then to attend what is sure to be the best Valentines Day Party in town! This event is fully licensed and will be held at the HUNTINGTON SOCIAL CENTRE on Wednesday, February 11th. Tickets are on sale now for \$5 in advance and \$7 at the door. DOOR PRIZES INCLUDED!



SPAD Valentine's Day Bash
PRESENTED BY THE SGA

HUNTINGTON SOCIAL CENTRE
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DJ SAULL LIVE
ALL AGES EVENT
\$5 ADMISSION (\$7 @ THE DOOR)
LICENSED EVENT
DOOR PRIZES

Airbandz returns to Fraser Auditorium February 7th

Hilarious Dancing and Singing Spectacular



Jacqueline Miller
Arts & Entertainment Editor

That's right, Airbandz is back again. The 6th annual Airbandz is being held this Saturday, February 7th in the Fraser Auditorium. The doors are opening at 7pm and so far it is looking as if it is going to be a very exciting night. I have heard what a few groups are going to be doing this year, but I have been sworn to secrecy—the only thing that I can tell you is the groups I know of are absolutely hilarious, so make sure you aren't drinking anything that you might accidentally swallow the

wrong way – or spit out. For anyone who doesn't know what Airbandz is, it is a dancing and lip-syncing contest that Laurentian holds every year to raise money for the Northern Cancer Research Facility, just off of Ramsey Lake Road and Paris Street. Last year Laurentian raised \$18,000 and the goal this year is to at least match that, and hopefully go past it. A lot of the money raised comes from fundraising within rez, as well as door-to-door canvassing in local neighbourhoods. The entire event takes a lot of time to organize – the bookings for the Fraser

Auditorium are done over the summer, and the Airbandz committee starts getting down to work in November, with a lot of the heavy duty work being done in January, such as the canvassing, rez activities, audition signups, and of course the auditions.

There's also the matter of organizing the introduction video for the beginning of the evening, and getting some hosts. This year the show is going to be hosted by the old CiPiCa group (Baz, Tiago, Magnum, Sean and Dave), and three of the four judges are the people who started Airbandz, and

the fourth judge will be from the cancer centre.

The Airbandz groups are made up of students from the university, who mix their own music and choreograph all of their own dances. The ideas that come out of this span every musical genre and are amazing to watch.

Some of the memorable Airbandz from last year were the Disney group, aka D-Crew, Grease, and the Evolution group, which did music from female artists over several decades, and of course the CiPiCa group, aka our new hosts.

As I said, I have heard some rumours about groups this year, and know what a few

are doing, but telling you beforehand would simply ruin it for you. So make sure you leave Saturday night open, come out to the Fraser for a few hours, and enjoy what your fellow students have worked so hard to produce.

To get tickets, which are \$7 in advance or \$10 at the door. You can talk to your floor committee member if you live in residence, or if you are off campus you can get tickets from the Rez Life Office. I recommend getting your tickets before hand, because they do sell out, and then you would miss out on the fun!

Announcement

The Department of English Research Forum 2008-2009 is pleased to announce the fourth presentation of the series, "Negotiating Healthcare Knowledges, Identities, and Relationships: The Rhetorical Process of Informed Choice in Ontario Midwifery", by Philippa Spoel, Associate Professor of English in the Department's Rhetoric and Media Studies program. The event will be held Monday February 9, 12:00-1:30 pm. in Room L239, the Parker Building.

The principle that women should be empowered to make decisions about their own healthcare through an informed choice process constitutes a fundamental tenet of midwifery care in Ontario. As midwives and clients negotiate their roles, identities, and relationships, this process raises questions about what counts as legitimate knowledge and information; the tension between providing supportive care and offering consumer choice; and the degree to which informed choice is assumed to be either a process of information transfer from expert to layperson or a reciprocal, mutually-transforming dialogue. Professor Spoel's presentation offers a rhetorical analysis of the meta-genre of midwifery policy documents that define informed choice as a central principle of midwifery care, along with an exploration of the communicative practice of informed choice as it occurs within conversations between midwives and women in their care.

For further information, please contact the Department of English at (705) 675-1151 x 4340.

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Please Don't Stop the Music

Jacqueline Miller

Arts & Entertainment Editor

As part of the effort to raise money for the Northern Cancer Research Foundation through Airbandz, many of the members of residence have been doing their own fundraising. Selling baked goods anywhere in rez is a popular option, as well as pasta dinners, breakfast in bed, and beaver tails. One of the bigger events planned this year was Please Don't Stop the Music, a concert held in West Residence featuring many students from Laurentian, including the winners of this year's LU's Got Talent, Pushing 7.

Organized by Travis Green, Warren Carmichael and

Amanda Young, the evening featured performances by Teddy Miller, Josh Fletcher and Nic Plourde, Chris Bosselle, Marie McBride and Rose-Erin Stokes, Travis Green and Andrew Walsh, and Pushing 7 and was hosted by Michael Murray and Shane Hardy.

The concert started at 7pm with Green and Walsh playing a short set, including a fantastic cover of John Mayer's "Dreaming with a Broken Heart" and were followed by McBride and Stokes, whose best song was one that Stokes wrote herself entitled "Sweetest Thing" – in my opinion, anyways. Chris Bosselle was up next, wowing the audience by playing both the guitar and

the harmonica while singing Neil Young's "Heart of Gold." Teddy Miller took to the stage next, followed by Josh Fletcher and Nic Plourde. These three boys were just phenomenal – I was completely enthralled while they were on stage. There was a quick intermission, during which the audience was strongly encouraged to buy tickets for the raffle and to grab some of the snacks and drinks that UC 2nd was selling.

After everyone had a chance to stretch out a bit, Amanda Young took the floor to announce the winning ticket numbers for the raffle and once the prizes had been claimed and collected, Murray and Hardy came up

to introduce Pushing 7. Pushing 7 played for almost an hour, with covers of Peggy Lee's "Fever", Heart's "Crazy On You", Aretha Franklin's "Respect" and Lipps Inc.'s "Funkytown" in addition to some of their own material.

The atmosphere for the entire night was very relaxed and casual, and all of the performers were friendly and joking around with the audience in between songs. The evening even included an open mic after the official show, which several people stayed around for. I feel as if I say this a lot, but I am constantly surprised by the talent of students here at LU – pleasantly surprised. There were many students who

came to the event to support friends and roommates, and also just to come for the experience and the chance to listen to some great music. I was particularly excited about this event because I was unable to attend LU's Got Talent this year, so I was glad that I still had a chance to see some of the people who had performed during that, as well as some new acts.

In addition to being a great evening of music, the event raised a fair bit of money to go towards the Northern Cancer Research Foundation, which I have no doubt will be greatly appreciated, and I think that the organizers should be proud of what they were able to accomplish.

Short Acts, Lasting Impressions

Thorneloe's Student Playfest Returns

Jacqueline Miller

Arts & Entertainment Editor

The Thorneloe Student Playfest is an excellent place for students to showcase their talent in directing, writing, and acting in short plays. This year the Playfest consisted of nine plays over four nights, featuring many students from all areas of study at Laurentian. I was only able to attend the first night, unfortunately, but I was very impressed by what I saw. The first night showcased five plays directed by students of the Directing class; Adric Cluff, Nathin Lambovitch, Ashley Mangru, Cassie Owoc and Ashley Ross-Arsenault. The shows covered a wide variety of topics, from infidelity to celebrity to unemployment.

Though all of the plays were different, there were elements that connected them to each other – both Carmen Dick: Feminist Private Eye and Cover, directed by Nathin Lambovitch and Ashley Mangru respectively, dealt with issues of infidelity. W.V. and Striking a Chord, directed by Ashley

Ross-Arsenault and Adric Cluff dealt with celebrity or the lack thereof, and all of the plays had an undertone of the troubles of love but it was most prominent in Courting, directed by Cassie Owoc.

Carmen Dick: Feminist Private Eye featured Jocelyn Dotta as the title character, and Mustafa Abdulhusein, Richard Barlow, and Spenser Lauren Shaw as an illusionist and his assistants. For such a short play it certainly contained a lot of intrigue and plot twists, but was a highly enjoyable whodun-it as the audience tried to figure out who killed who, who was really the master illusionist, and if Carmen Dick actually existed.

Cover is the story of two friends, Marty (Craig Bauslaugh) and Frank (Mustafa Abdulhusein), who debate on the moral issues of lying and telling the truth when Diane (Cora Eckert), Marty's girlfriend, shows up and forces them to choose a side – to tell her the truth or tell her a lie. For Frank this is a particularly hard decision as it also forces him to choose between his two friends.

W.V. follows a writer, Sam (James Kershaw), who can't get anything published. As a

writing exercise, he attempts to write a eulogy about his friend Stigs (Nick Barbeau). When it turns out to be a good eulogy, Sam and his girlfriend Mel (Chelsea Hand) decide to kill Stigs so that Sam will finally be a published writer, and they will be able to fulfill their dream of moving to West Vancouver.

Striking a Chord follows a band after their show in the age of sex, drugs, and rock and roll, and the fans that just can't let go. Staring Jonathon Brooks as Vic, Amy de Blois as Jen, Tom Garvin as Travis, and Andy Sekora as Serge McNaughton. Travis and Serge are two members of an famous band, Vic is their manager, and Jen appears to be an innocent groupie, though she turns out to have a much more sinister plan. Courting is the story of two people on their second date, Michael (Mickey Teed) and Hillary (Rose-Erin Stokes) who have brought their lawyers Daisy (Jocelyn Dotta) and Jack (Sean Sullivan) along with them. The play also contained a lovely cameo by Trevor Lafond as Maurice, the chef and head lawyer. Through the intervention and debating of their lawyers, Michael

and Hillary agree to call it quits, and the lawyers discuss why people seem so eager to find love even with the wrong people.

Every play had some great moments, and it was amazing to see what the directors were able to put together in such a short amount of time. The sets were fairly simple, using only what was necessary, with a few props here and there. I enjoyed all of them but I still have my favourites, which were Cover and Carmen Dick. The two plays are almost complete opposites but I loved Cover for its simplicity, and I loved Carmen Dick not only because it was very funny, but because I found I really thought about it afterwards.

W.V. had a lot of really good humour in it, including some

pretty black humour towards the end. I found Courting to be a very cute play, and also very true to life at times. Striking a Chord was an intriguing play and offered a rather different view of the music scene than one would usually see in the theatre.

I was disappointed that I was unable to see the rest of the plays, as I have only heard good things about them and wish that I had been able to see them for myself. I am looking forward to Playfest next year, and hopefully being able to see all of the plays then! Congratulations to all of the directors and actors, as it was evident that they had all put a lot of time and work into these productions, and I hope that many of you were able to get out and see them as well.

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schedule

MONDAY

YBTB	7:30-9:00am
Diary of an Everything Addict	9:00-11:00am
Andy Travis Top 30	11:00am-2:00pm
The Vibe	2:00-4:00pm
Cambrian	4:00-5:00pm
SGA News & Tunes	5:00-6:00pm
Learning Clinic	6:00-8:00pm
Restaurant at the end of the universe	8:00-10:00pm
Non-sequitor radio	10:00pm-2:00am

Tuesday

The Flow	7:30-9:30am
Focus Sharon	9:30-11:30am
The Empty Spaces	11:30-1:00pm
Barry Champlain	1:00-3:00pm
The Gap Junction	3:00-4:00pm
Miller Time/LAMBDA	4:00-6:00pm
SECKS on the Radio	8:00-10:00pm
The Show Supag & Turtle	10:00-12:00pm
It's The Limit	12:00-2:30pm

Wednesday

Alternative Reality	7:30-9:00am
The Sports Hour	9:00-10:00am
Monster a Go Go	10:00am-12:00pm
Lunch with the Trinnie	12:00-1:00pm
Liming With the Trinnie	1:00-3:00pm
Night Fright Afternoon	3:00-5:00pm
The Fox Hole	5:00-6:00pm
Beeps Squeaks & Clicks	6:00-8:00pm
Audible Pornography	8:00-10:00pm
Night Fright	10:00-12:00am
The Truth with Pam and Justin	12:00-2:30am

Thursday

YBTB	7:30-9:00am
Jazzomania	9:00-10:00am
Cupcake & Tea	10:00-11:00am
Putamayo	11:00-11:30am
Deconstructing Dinner	11:30-12:30pm
True North	12:30-2:00pm
The Sound of Sound	2:00-4:00pm
Cosmic Dave	4:00-6:00pm
Hot Bunny Radio	6:00-8:00pm
Shot in the Dark	10:00-12:00am
APAC	12:00-1:00am
Slot Available	1:00-2:30am
Afterhours DC	2:30-7:30am

Friday

Reg's Recycled Records	7:30-10:00am
Peek at the Past	10:00-11:00am
Sounds for Seniors	11:00-1:00pm
Music of your Life	1:00-2:00pm
Reg Repeat	2:00-3:00pm
Smooth Beats	3:00-4:00pm
CKLU Selects	6:00-8:00pm
Artistry in Jazz	8:00-10:00pm
This Week in Braille	10:00-2:30am
Markus Schulz & Afterhours DC	2:30-7:30am

Saturday

The Green Majority	7:30-10:00am
And Now....	10:00-12:00pm
Discorporate Rock Radio	12:00-2:00pm
Famous Flava	2:00-6:00pm
Village of the Darned	6:00-8:00pm
CKLU Selects	8:00-10:00pm
Rhythms of Clublife	10:00-12:00am
Notes from the Underground	12:00-2:30am
Afterhours DC	2:30-7:30am

Sunday

Slot Available	7:30-9:00am
Oksana	9:00-10:00am
My Pickin' Parlor	10:00-12:00pm
Radio Palonia	12:00-1:30pm
The Jig Is Up	1:30-2:30pm
Vibrations of India	2:30-4:00pm
Kay-Country	4:00-5:00pm
This Way Out	5:00-6:00pm
Reggae-Matic	6:00-8:00pm
La Revanche des singes volants	8:00-10:00pm
Above the Waste	10:00-12:00am
Nadine Late Night	12:00-2:30am
Afterhours DC	2:30-7:30am

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The Buzz on Disappearing Honey Bees



**Mustafa
Abdulhusein**
Science &
Tech Editor

Did you have breakfast this morning? Perhaps some cereal? With honey and fruits? You may not have realized it, but a large portion of that meal relies on the humble honeybee. Although humble, the honeybee is disappearing with alarming rates – which could spell disaster for your breakfast. The mysterious disappearance of the honeybee has left many worried.

Honey bees are extremely important to the pollination of a majority of the crops (including most fruits and vegetables) that we consume on a daily basis. In fact, according to Rowan Jacobsen – a journalist who has recently released a book chronicling this phenomenon – about 35% of our caloric intake comes from the honey bee. Surprisingly enough, honey is actually a small portion of it. Almost all the fruits, seeds, and nuts we eat rely on the honeybee for the process of pollination. Basically, without bees, there is no pollination and without pollination no viable crops grown. No bees = nothing edible produced! Believe me when I say, this is a

major problem.

Historically, the crops were planted next to wild areas, which were close enough to allow the bees to come in contact with the crop. Bees collect nectar from the plant in order to make honey. During this process, pollen sticks to the bees' bodies. As the bee moves from plant to plant, the pollen is also transferred. With the increase in crop sizes, the area became too large for bees to cover. Eventually, farmers began pollination rentals – where the bees were actually trucked in. Beekeepers filled this important niche, which led to the eventual development of the "pollination circuit". This circuit is a massive road trip that starts in Florida, moves to California, to Washington state, up into Canada for clover and canola and finally back down to Pennsylvania for the pumpkin season.

The fall of 2006, however, was the beginning of a gloomy period. The bees went out on usual foraging missions, but never returned to the hive. Not returning to a hive results in certain death for the bee, being unable to survive in the rain and cold. Apparently, the hives would appear healthy, but within a two-week period the hive would be void of all bees. There are several theories to explain their disappearance.

The first has to do with a new class of pesticides – it is what most beekeepers lay the blame on. These systemic pesticides, known as neonicotinoids, are sprayed onto the seeds of the plant, and thus incorporated into it. This method is beneficial for the farmer because it doesn't require repetitive application, and is not washed off. It is however picked up by bees. Tests on termites show that neonicotinoids result in disorientation, memory loss and central nervous system damage. Similar effects would be detrimental to the honeybee. An entire hive of 40,000 bees works as a single unit. They have a social structure and rely heavily on communication. If this breaks down, they become disorientated and cannot perform complicated tasks.

In fact, the use of neonicotinoids have been banned in several European countries because of the honeybee. North American studies have not yet shown a positive causation between the pesticides and the disappearances.

There are two other possibilities for the causes that are also being examined. The first has to do with poor bee nutrition. Although perhaps not the first thing one would think of, this is an incredibly important idea when considering the pollination circuit. While on the circuit, the bees are working on a

single crop (monocrop pollination), thus receiving nectar and nutrients from only one source. Further, while on the road, they are fed high fructose corn syrup (which, as it turns out, is bad for the bees). Both of these factors combined are thought to result in a weakened immune system.

The third point on this lethal triangle is a virus which has been found in abandoned hives, as well as active ones. This virus gains an advantage as the immune system of the bee is weakened and unable to fight off infection. Most likely, a combination of these factors is to blame.

So why am I telling you all about the bee and the problems it's facing? To be honest, it's not the honeybee that's facing the problem as much as we are. 35% of the bee population was lost in the winter of 2006-2007 and then an additional 35% in the subsequent year.

If all the bees go, then there would be no more fruits, seeds, nuts and honey – it's that simple.

Currently, the effect of honeybees disappearing has a more short-term effect: on our wallets. As bees disappear, the farmers need to bring in more beekeepers, resulting in extra

costs. They have been absorbed by the farmer thus far, but will eventually be passed on to the consumer.

A discussion on such a major issue would not be complete without an eye to the future and a thought to a solution. Chemical agents more often than not, cause greater damage than good. Therefore, biological options are being examined to solve this issue. Many beekeepers have had to spray their hives with pesticides for several decades to protect the hive from a mite that was introduced from Asia. This in itself is not the good for the bees, so some beekeepers began breeding resilience into the bees. By using a hardy strain for Siberia, they have been able to create quite a resilient honeybee.

The pesticides and chemicals that we have in our environment right now might not kill the honeybee – but the sublethal effects are still undetermined. Not only that, but the effects on larvae and the interaction between different chemicals have not been examined. For example, a pesticide mixed with a fungicide gives a chemical that is a 1000 times more toxic. In summary, the addition of all these effects might be the one grain of sand that tips the scale.

LUIHS/SGA FOOD DRIVE

Perhaps you can recall a previous article regarding the LUIHS Food basket initiative and the effect it had on so many Laurentian families.

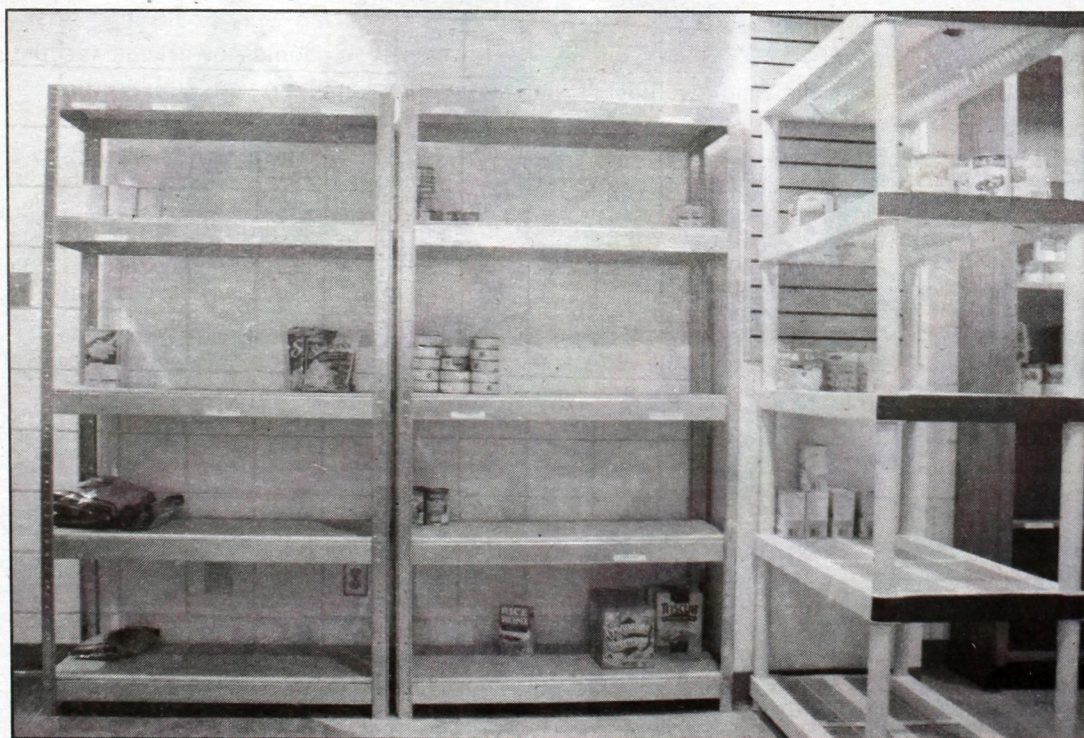
Unfortunately, the generosity which made that initiative a success came at a price – the use of the SGA Foodbank. The photos can speak louder than words – so please help support the LUIHS (LU Interprofessional Health Society) food drive by bringing in non-perishable food items to the SGA until February 9th.

Some examples of items that are in need are beans, rice, soups and pasta.

If everyone could make a point of bringing in just a few items, it would really help the cause – and in the end, help LU students that make regular use of the food bank.

Other drop off locations include: School of Education – room 104, Human Kinetics (Ben Avery building) – Secretary's office, Alphonse Raymond building – room E07

Be generous. Give to the LU Food bank.



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Roderick Purzner
Lambda Writer

Welcome to this week's instalment of Quantum Dots, the column that brings you the most cutting edge developments in science and research from the last two weeks.

Potential Stem Cell Breakthrough

Although an ethically contentious issue for some, a breakthrough study involving stem cells has just been approved in the USA. Geron Corporation, a leader in stem cell research, has been approved for an exciting human trial with huge potential health benefits. The goal of the study is to inject embryonic stem cells into ten patients who suffer from lower body paralysis. It is the hope of these researchers that the stem cells will grow into neural tissue allowing those affected to regain some feeling and movement in their lower limbs.

Embryonic stem cells are cells extracted from early stage human embryos. At this point in development, these cells are not terminally differentiated. In other words, these are immature

cells with all the potential in the world. They can still transform into kidney cells, skin cells, blood cells, or any of other 200 types of cells we have in our body. As such, when they are injected into a developed tissue or organ correctly, they will respond by becoming that tissue. Since nerve cells are notoriously bad at regenerating (we've all heard of paralyzed people never regaining use of their legs or "permanent" brain damage after a car accident), injecting stem cells into the damaged area may solve this problem and allow new tissue to re-grow. Already, studies on animals in this field have shown promise. Since these stem cells are harvested from human embryos, there has been a heated ethical debate on this issue for years. Many argue that using embryos in this way equates to using human life as a means to an end, devaluing their potential for life. However, despite this argument, for those who benefit, it is nothing short of a miracle.

Reinventing the Wind Turbine

Despite negative news about global warming and climate change, there is always hope in individual innovation.

Inventor Adam Fuller has invented a vertical column windmill that consists of eight turbines all stacked vertically on top of one another. Unlike conventional windmills, this design can function from wind blowing in any direction. Fuller has estimated that a full scale, 120 foot-tall turbine structure would generate the same amount of electricity as approximately 12 conventional turbines. This is very good news for a world trying to shy away from fossil fuels.

In a similar design to that of Mr. Fuller, architect David Fisher has designed a skyscraper that gives back to the environment. This 80-storey building, currently being constructed in Dubai, of the United Arab Emirates, has a modular design that allows each floor to rotate 360 degrees around a central axis, independently of the other floors. Although this building will

resemble something out of a science fiction novel, the true genius comes from its ability to generate its own power. In between each floor of this building is a wind turbine. In conjunction, all of these turbines produce more power than the building requires for functioning. If we are going to change our energy consumption habits, integrating power production into modern architecture is certainly a good step.

Nuclear Power without the Waste

The concern that people have with current nuclear technology is disposing of the highly radioactive waste. Presently, this waste, or sludge as it is called in the business, is stored underground where it can do the least amount of environmental damage. But what if there was a cleaner alternative? Scientists are now proposing to use what they call a Fusion-Fission hybrid reactor.

Conventional nuclear reactors rely on fission, or the splitting of molecules to produce energy. Fusion on the other hand functions by combining hydrogen molecules together. This process, which occurs in the Sun, releases huge amounts of energy but also operates at very high temperatures. Temperatures of approximately 100 million degrees celsius would be required to drive the fusion reaction. A device called the Tokamak uses magnetic fields to contain the heat of this reaction while another device called the Super X Divertor deals with the excess of protons being produced. By harnessing the heat of the fusion reaction, it is the hope of researchers to simply burn off the radioactive sludge. The development of these hybrid reactors will go a long way in producing a clean and abundant energy source.

Yep, You've Got Mumps

Mustafa Abdulhusein
Science & Tech Editor

Unless you've been walking around the school with your eyes closed, you've no doubt seen the magical posters that give a medical diagnosis based on eliminating activities that the average student can no longer partake in (no classes, no labs, no parties, no fun!). Personally, I found these posters rather thought provoking, and since I knew very little about their subject (the mumps virus), I decided to do a little digging.

Most of us probably got the first shot of the MMR (mumps, measles and rubella) vaccine when we were very young. But in order for the vaccine to remain effective a booster has to be taken. That's why Health Services is holding a free vaccination clinic in the Library Rotunda on February 4th from 10am-4pm.

But what is mumps?

According to the Ministry of Health, this virus can:

"Cause fever, headaches and swelling of the cheeks and jaw. The swelling is caused by an infection of the salivary glands. Mumps can cause meningitis, an infection of the fluid and lining covering the brain and spinal cord. About one in every 10 people with mumps gets meningitis. Fortunately, mumps meningitis does not usually cause permanent damage. Mumps can cause deafness in some persons.

Mumps can also cause very painful, swollen testicles in about one out of 4 teenage boys or adult men and which may rarely cause sterility. It can also infect the ovaries in one out of 20 women and infection during the first three months of pregnancy may increase the risk of miscarriage.

People can get mumps from an infected person coughing or sneezing around them or simply talking to them. It can also be spread through contact with the saliva of an infected person - such as sharing a drink." Also, pain when drinking orange and lemon juice can also be a sign of infection. As with other viral infections, such as the flu, individuals may be infected with mumps and not even realize it - but still may be able to pass it on. In fact, about 20% of people infected with it don't know (asymptomatic), whereas 40%-50% of those infected may show 'common' viral symptoms (cold-like). To add to that, 4 out of 5 young adults are not fully vaccinated against it.

The MMR vaccine can cause a rash and/or fever beginning 5 to 12 days after vaccination, which can last for a few days, and you may also notice a mild redness, swelling and pain at the injection site. Allergic reactions to the MMR vaccine and other serious reactions are rare.

However, you should not get the vaccine if any of these apply to you:

- You have had an allergic reaction to the MMR vaccine.
- You have had an allergic reaction to neomycin or gelatin.
- Your immune system has been affected by a treatment or disease.
- You are pregnant, suspect you are pregnant, or are trying to become pregnant.
- You had a blood transfusion or immune globulin therapy in the last three months.
- You have a fever or infection or anything worse than a cold. If so, defer your vaccination until you are well.

Remember - the Library Rotunda on February 4th! Don't spend 9 days in isolation - get the vaccine!

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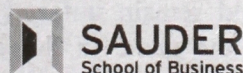
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Opening Worlds

LADY VEES RUN THEIR WAY TO OUA'S AT MCGILL CHALLENGE

The Lady Vees track and field team competed against some of the best competition in the CIS this past weekend, as they took part in the McGill Team Challenge. Madeleine Woods won a bronze medal and three Lady Vees' runners, including Woods, met qualifying standards for the OUA Championships, which take place later in February.

Woods (Sudbury, Ont.) stole the show again this weekend for the Lady Vees as she brought home a bronze medal in the 600 metres with a time of 1:35.16. She also had a strong showing in the 1,000 metre race, as she posted her best time of the season. A time of 2:57.14 was good enough for sixth place in the race. The times in both races allows Woods to qualify for the OUA Championships. She has posted the seventh best time in the 600 metre and the 10th best time in the 1,000 metre in the country this season.

"We've been trying to decide whether Madeleine should race the 600 metre or the 1,000 metre at the

OUA Championships this year," said assistant coach Darren Jermyn. "She looked very comfortable in the 600 metres and with a tactical adjustment or two, she could be much faster."

Besides Woods, the Lady Vees had two other runners qualify for the OUA Championships this weekend in the 1,000 metre. Emma Tallman (Mindemoya, Ont.) finished the race in 12th place with a time of 3:04.45 and Maggie Robins (Port Perry, Ont.) was right behind her with a time of 3:04.92. Both athletes had personal best times.

Tallman also competed in the 1,500 metre with the last two Lady Vees runners on the roster this weekend. Tallman placed 32nd with a time of 5:00.70, while Gracie Tetzlaff (Trenton, Ont.) came 36th with a time of 5:04.97 and Meghan Juuti (Elliot Lake, Ont.) finished 44th with a time of 5:17.02. The women's four by 800 metre team of Tallman, Tetzlaff, Robins, and Juuti placed seventh with a time of 9:59.64.

RAVENS SOAR PAST LADY VEES, WIN 67-57

The Laurentian Lady Vees looked to bounce back after last night's overtime defeat at the hands of the Ottawa Gee-Gee's. Tonight, they travelled across town to face the Carleton Ravens, who were stunned at home by the lowly York Lions in a one point loss last night. The Ravens countered tonight, as they soared past the Lady Vees in a 67-57 victory. Leading scorer for Laurentian was Katie Goggins with 12 points, while Amanda McConnell added 10 points and 6 rebounds.

The Lady Vees entered the game looking to make up ground to the top of the OUA East, and secure themselves a play off spot. At the beginning of the season, no critic had ever mentioned that Laurentian would find itself in a battle for a playoff spot this late in the season. The Lady Vees and Ravens began the game with a high intensity and effort. Carleton quickly realized that Laurentian had no plans of leaving the nation's capital empty handed. Both teams battled defensively, and orchestrated solid offensive possessions.

The competitive effort continued, but mental lapses and unnecessary turnovers in crucial situations proved to be the undoing of the Lady Vees on this evening. Laurentian allowed for 19 Ravens points off turnovers, while another 15 were added following offensive rebounds. Laurentian's offense was led

by the consistent Katie Goggins (Hanmer, Ont.) who tallied 12 points, while playing most of the game and distributing the ball effectively. Veteran forward Amanda McConnell (Regina) chipped in with 10 points of her own, while also boxing out for 6 rebounds. The Lady Vees fall to 7-10 on the season, which puts them ahead of Queens for 5th in the conference. These very same Gaels will entertain the Lady Vees in their next encounter, while the 4th place Ryerson Rams attempt to conquer the Ben Avery Gymnasium the following weekend. Laurentian has its playoff destiny in its own hands, and now needs to capitalize on the upcoming opportunities.

"Carleton is a smart and composed team" said Lady Vees head coach Mike Clarke, "We need to play better in important situations, and cannot continue to shoot ourselves in the foot. We need to prepare for this upcoming home stand to try and fight into a better playoff position".

The Voyageurs return home to begin the final home stand of the season with games against Queens and the winless RMC Paladins. The Voyageurs face the Queens Gaels on Friday, February 6th, 2009. Tip off is scheduled for 8 p.m. at the Ben Avery Gymnasium. To get up-to-date scores and stories on the Voyageurs, check out

www.luvoyageurs.com

LADY VEES CURLING POSTS IMPRESSIVE 4-1 RECORD AT CROSSOVERS AND QUALIFIES FOR OUA CHAMPIONSHIPS; MEN FALL JUST SHOT

The Laurentian Lady Vees and Voyageurs curling teams wrapped up the round robin portion of their season this past weekend as they competed in the OUA Crossover. The Lady Vees posted an impressive 4-1 record, and 6-2 overall which qualified them for the OUA Championships. The men were also impressive, going 3-2, for a 3-5 overall record, but coming up just short of a tie-breaker to get them into the OUA Championship.

The OUA crossovers, hosted by the Brock Badgers at the St. Catharines Golf and Country Club began on Friday night with both Laurentian squads taking on the Windsor Lancers. The Lancer women led by former Canadian Junior Champion Paige Matte (Antigonish, N.S.) played a strong game and handed the Lady Vees their second loss of the season. The Voyageur men on the other hand came out on fire, knowing that they need to be 4-1 at worst if they had any hope to qualify for the OUA championships, and they beat Windsor.

Saturday turned out to be a long day following some scheduling shuffles; the Laurentian squads would have to play three games, starting first thing in the morning against host Brock. The women came out with a point to prove as they took on the struggling Badgers. Following a five ender in end two the Lady Vees did not look back as they won their first of what turned out to be four in a row. The Voyageurs saw themselves in tough as Brock sat at 2-2 and wanted to impress on their home ice. It took a double take-out from Voyageur skip Sandy MacEwan (Sudbury, Ont.) in the eighth end to propel the Voyageurs to victory, and their second straight win.

Following a brief lunch break, the Laurentian teams stepped back on the ice at 1 p.m. to face the Waterloo Warriors. The Warrior women were the first of three games for the Lady Vees against teams that sat tied or ahead of them in the standings, a test that would go a long way to determining whether the Lady Vees

were OUA championship worthy. The Warriors were no match as the Lady Vees gained momentum, and moved to 4-2. The men again facing an uphill climb took a giant step as they defeated the Waterloo warriors for their third straight victory, and to move to their record to 3-3.

Saturday night would be the toughest test for the Laurentian curlers as both teams faced the defending OUA and CIS champions, the Laurier Golden Hawks. The Lady Vees could secure a berth in the OUA championship with a victory, a loss would mean they would have to beat undefeated Western on Sunday morning to get in. The Lady Vees controlled momentum of the game, although it got very interesting late, as the Laurentian was up two playing the last end with last rock advantage, many rocks were in play; it turned out Lady Vees skip Amanda Gates (Sudbury) would not have to throw her last rock, and the Lady Vees would punch their ticket to Peterborough. The men ran into a road block as the

Golden Hawks didn't miss much if any putting the Voyageurs behind the eight ball. MacEwan made a couple big shots to keep the Voyageurs in the game but it would not be enough as the Golden Hawks would win. The loss however didn't eliminate the Voyageurs as they would be able to qualify for a tie-breaker by beating Western on Sunday, and getting one of a number of combinations of help from other teams losing.

Sunday morning was again an early wake up call, and with the Lady Vees already having clinched their spot in the OUA Championship they faced the undefeated Western Mustangs with the hope of making a statement. In a back and forth affair, the Lady Vees saw themselves up one in the final end of play, it took a near miraculous shot, a double raise tap to the button, by the Mustangs' skip to force an extra end. The Lady Vees would remain unfazed and win the game in the extra end to run their winning streak to four games and clinch second place heading to Peterborough. The

Laurentian men needing to win to get into a tie-breaker game also faced the Mustangs who were sitting atop the standings, in a game of inches, the Voyageurs seemed to find themselves on the wrong side of the inch, and Western, playing well made them pay. The Voyageurs fell in seven ends finishing off their OUA season with a 3-5 record.

"We are really proud of the girls and I think they will impress some people at the OUA championships," said acting coach Brian Gates. "The boys gave it a valiant effort and knew they had to post an impressive record to have any chance, and they played well."

Next up for the Laurentian Lady Vees Curling team will be the OUA championships hosted by the Trent Excalibur at the Peterborough Curling Club in Peterborough, Ontario on February 7th and 8th. While the men return to their club teams as the season winds down. For complete results and to follow the Lady Vees, be sure to check out www.luvoyageurs.com.

Another Successful Intramural Indoor Soccer Year!

Stephanie MacKay

Intramural Indoor Soccer Convenor

The convenors of the Indoor Soccer Intramurals would like to thank everyone who participated in the league this year! We hope that all the teams who came out had as much fun as we did. We would like to congratulate the 'Vodka Fish' and 'U of S Alum' for their creative efforts in both theme nights, where they dressed up like "Trailer Park Boys" and "Superheros" to show the team spirit. We would also like to congratulate all the finalists for all their hard work. The champions of this year's league are team 'Joga Bonito' for the competitive league, captained by Nicole Thebaud and team 'Off Constantly', captained by Kirby Johnsonn for the non-competitive league. Outstanding performances were given by Joe Scheier, John Atherton and Ky Dobson and Krista Pantin for their abilities and their great team spirit!

A big thanks goes out to our sponsors Toppers Pizza, the New Sudbury Mall, Bulk Barn, King's Buffet and Value Village for their tremendous donations to help better the experience. Again, congratulations and well done to everyone who came out to support Laurentian University's Intramural Sports Programs and we hope to see you again next year!

Wilderness and Show Shoeing What Could be Better?

Michael Pridding
Intramural Head Convenor.

The Intramural Wilderness Snow Shoeing event ran the afternoon of Friday, January 23. While most were bundled up inside on a chilly, snowy afternoon; Intramural Wilderness Snow Shoeing was up and running at Laurentian University. Despite having the previous week's hike cancelled due to the cold north-

ern temperature, there was an enthusiastic turnout for this week's hike across Laurentian University's beautiful surroundings. The hike was lead by ADVL's Jesse Hutchinson. He taught the participants how to dress for snowshoeing, start a fire in the snow, climb a hill and how to survive if stranded in the winter wilderness. The peak of our climb overlooked the entire campus with a beautiful winter view of northern Ontario. We ended

the trip with a fun and exciting fifty meter race in the snow shoes. All participants received Active Living scarves for their exceptional participation.

A thank you goes out to Jesse Hutchinson for leading the hike. Thank you also, to all the participants who made it out for the afternoon. For those of you who could not make it this year; not to worry! There will be more Intramural Snowshoeing next year. See you then!

Training Room, Gymnasium, Bouldering Room, Squash, Track & Sauna

Monday to Thursday... 6:00am to 11:00pm
Friday 6:00am to 10:00pm
Saturday 6:30am to 10:00pm
Sunday 7:00am to 10:00pm



Salle d'entraînement, gymnase, salle d'escalade, les terrains de squash, piste et saunas

Lundi au jeudi 6 h à 21 h
Vendredi 6 h à 20 h
Samedi 6 h 30 à 20 h
Dimanche 7 h à 20 h

Climbing Wall

Monday to Thursday... T.B.A.
Friday T.B.A.
Saturday T.B.A.
Sunday T.B.A.



Mur d'escalade

Lundi au jeudi à communiquer
Vendredi à communiquer
Samedi à communiquer
Dimanche à communiquer

February 2009 /
Février 2009



Facility Information Line : 673-6528
Facility Control Centre: 673-6573

Ligne d'information d'installations : 673-6528
Centre de contrôle des installations : 673-6573

Dates & times are subject to change watch for postings. / Les dates et les heures peuvent changer. Consultez les affiches.



February 2009

Février 2009

Jeno Tihanyi Olympic Gold Pool

Piscine d'or olympique Jeno Tihanyi

Sunday-Dimanche	Monday-Lundi	Tuesday-Mardi	Wednesday-Mercredi	Thursday-Jeudi	Friday-Vendredi	Saturday-Samedi
1:00pm-3:00pm 6:30pm-8:30pm	11:30am- 1:00pm 3:00pm - 5:00pm 8:00pm - 10:00pm	11:30am- 1:00pm 3:00pm - 5:00pm	11:30am- 1:00pm 3:00pm - 5:00pm 8:00pm - 10:00pm	11:30am- 1:00pm 3:00pm - 5:00pm	11:30am- 1:00pm 3:00pm - 5:00pm 8:00pm - 10:00pm	1:00pm-3:00pm 6:30pm-8:30pm

Cancellation:
Feb 18 -
11:30am - 1:00pm
3:00pm - 5:00pm

Gymnasium Hours

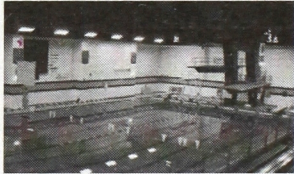
Disponibilité des gymnases

Sunday-Dimanche	Monday-Lundi	Tuesday-Mardi	Wednesday-Mercredi	Thursday-Jeudi	Friday-Vendredi	Saturday-Samedi
7:00am - 10:00pm	6:00am - 11:00pm	6:00am - 11:00pm	6:00am - 11:00pm	6:00am - 11:00pm	6:30am - 10:00pm	7:00am - 10:00pm

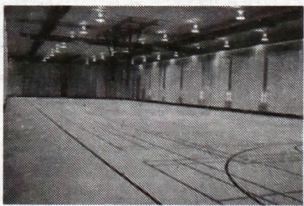
Recreational Sport Schedule
(beginning Wed Feb 4th)

6:30pm - 9:30pm B / V / S	4:30pm - 6:30pm B 6:30pm - 8:30pm V	4:30pm - 6:30pm S 6:30pm - 8:30pm B	4:30pm - 6:30pm V 6:30pm - 8:30pm S	4:30pm - 6:30pm B 6:30pm - 8:30pm V	4:30pm - 6:30pm S	
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Legends:
B - Basketball
S - Soccer
V - Volleyball



A & B gym - wood floor



C & D gym

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